Coronavirus Disease (COVID-19)

The Los Angeles County Department of Public Health (Public Health)] is asking for your assistance to prepare for and help slow the spread of the novel (new) coronavirus in Los Angeles County, known as COVID-19. Please check with the facility before visiting and follow issued guidelines in order to keep everyone healthy. If you are feeling sick, stay at home or go home as soon as possible even if you have mild symptoms. In order to protect elderly residents at congregate facilities, you may be asked to curtail all visits. Please plan now on how to maintain communication with a resident through alternative virtual communications.

What is novel coronavirus (COVID-19)?

Coronaviruses are a large family of viruses. Many of them infect animals, but some coronaviruses from animals can change into a new human virus that can spread from person-to-person, which is what happened with the coronavirus that causes COVID-19.

How is COVID-19 spread?

COVID-19 is likely to spread in the same way as other respiratory illnesses like the flu. It is thought to spread from an infected person who has symptoms to others by:

- Droplets produced through coughing and sneezing
- Close personal contact, such as caring for an infected person
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

What are the symptoms of COVID-19?

Reported illnesses have ranged from people with mild symptoms to people becoming severely ill, and needing hospitalization, or dying. Symptoms include:

- Fever
- Cough
- Difficulty breathing
- Severe illness

What should I do if I have these symptoms?

Stay at home or go home as soon as possible if you begin to feel unwell, even if you have mild symptoms. Contact your regular health care provider for guidance, as needed.

What if the person I am visiting has symptoms?

Immediately contact the facility or regular health care provider for an evaluation and for guidance.

Can I get tested for COVID-19?

If you are sick, your health care provider may decide to do a test for COVID-19. Only health care providers can test for COVID-19. Since most people will get better with rest and time, there is no need to see a doctor if you have mild symptoms. If you are sick and think you should be tested for COVID-19, call your doctor before going in for care.

Los Angeles County Department of Public Health
www.publichealth.lacounty.gov
03.15.2020 Congregate Living Visitor FAQ (English)

COUNTY OF LOS ANGELES
Public Health

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What can I do to protect myself and others from COVID-19?
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Limit close contact, like kissing and sharing cups or utensils.
- Cover your cough or sneeze with a tissue or your sleeve. Throw used tissues in the trash can, and immediately wash hands with soap and water, or use an alcohol-based hand sanitizer.

Should I wear a facemask when I visit?
It is not recommended that people who are well wear a mask to protect themselves from COVID-19 unless a healthcare professional advises it.

A facemask should be used by people with COVID-19 to protect others from getting infected. Health workers and other people who are taking care of someone infected with COVID-19 in a close setting should wear a mask.

What if I am stressed about COVID-19?
When you hear, read, or watch news about an outbreak of an infectious disease, it is normal to feel anxious and show signs of stress. It is important to care for your own physical and mental health. For help, call the Los Angeles County Department of Mental Health Access Center 24/7 Helpline at (800) 854-7771 or call 2-1-1.

What is the facility doing to protect everyone?
Talk to the facility manager about ways that they are working to keep everyone safe, and healthy.

Know where to get reliable information
Beware of scams, false news and hoaxes surrounding novel coronavirus. Accurate information, including announcements of new cases in LA County, will always be distributed by Public Health through press releases, social media, and our website. The website has more information on COVID-19 including a guide to coping with stress:
- Los Angeles County Department of Public Health
  - http://publichealth.lacounty.gov/media/Coronavirus/
  - Social media: @lapublichealth
- The Los Angeles County Department of Mental Health Access Center 24/7 Helpline (800) 854-7771.
- Call 2-1-1